

## CLAIMS

1. A muscle strength increasing device used for developing muscles by applying a predetermined compression pressure to a predetermined region to be compressed that is defined on at least one of the limbs of a wearer to restrict the blood flow through the limb, the muscle strength increasing device comprising:

a strip-shaped first band having a first hollow space formed therein at one end thereof;

a strip-shaped second band the proximal end of which is connected to the proximal end of said first band, the second band having a second hollow space formed therein at a position near the end thereof through which the end of said first band can be passed; and

a strip-shaped third band the proximal end of which is connected to the outer surface that is opposed to said region to be compressed when said region to be compressed is passed through a loop formed by said first and second bands by means of passing the end of said first band through said second hollow space of the proximal end of said first band, the end of the third band being formed so that it can pass through said first hollow space,

at least said first band of said first band and said second band having an air-tight hollow tube along the length thereof in order to receive a gas from outside,

said first band and said third band being configured in such a manner that said third band can be attached to the outer surface of said first band after the end of said third band is passed through said first hollow space and turned right back.

2. The muscle strength increasing device as claimed in Claim

1, wherein said first band and said second band are formed as an integral part.

3. The muscle strength increasing device as claimed in Claim 1, wherein said first band is formed into a hollow bag and said tube is provided within said first band.

4. The muscle strength increasing device as claimed in Claim 1, wherein each of said first band and said second band is formed into a hollow bag and said tube is provided within at least said first band of said first band and said second band.

5. The muscle strength increasing device as claimed in Claim 1, wherein said second hollow space is formed by providing a loop with a flexible, rope-like or belt-like material at the end of said second band.

6. The muscle strength increasing device as claimed in Claim 1, wherein said second hollow space is formed by opening a space in said second band at the end thereof.

7. The muscle strength increasing device as claimed in Claim 1, wherein said tube is designed to automatically inflate in the direction facing to said region to be compressed when it is filled with a gas while said third band is fastened to the outer surface of said first band.